





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>August 2013</h1> <h2>Brunswick Senior Center</h2>				9:00 Strength Training 1 On this day in 1960 Chubby Checker introduced " <i>The Twist</i> ", let's dance. 12:30 Treats	10:30 Video Exercise 2 Wal-Mart Shopping Trip 10:00 – 3:00	Department Trips 3 August 9-Mt Clare August 23-Rafting September 13-Arlington September 25-Baughers
4 <i>Stop by the center, cool off & stay awhile!</i>	10:30 Video Exercise 5 11:00 Paint a Pollock American Artist Appreciation Month	9:00 Strength Training 6 CENTER CLOSED	11:00 Card games 7 12:45 Bingo	9:00 Strength Training 8 11:45 Trivia 12:30 Thursday treats	10:30 Video Exercise 9 1:00 Local shopping	 10
 11	10:30 Video Exercise 12 Emmitsburg PICNIC 10:00 – 3:00	9:00 Strength Training 13 CENTER CLOSED 5:30 Card Party	11:00 Ask Nurse Steve Is Age really just a number? 14 12:45 Bingo	9:00 St. Training 15 11:45 Trivia 12:30 Thursday treats 6:00 Dinner & Dance	10:30 Video Exercise 16 12:00 Tacos in a bag 1:00 Local Shopping	17 <i>Three things in human life are important. The first is to be kind.</i>
Center Hours Monday, Wednesday, Thursday & Friday 8:30-4:00 Closed Tuesdays 18	10:30 Video Exercise 19 11:00 Bobby pin craft 11:45 Nutrition Minute	9:00 Strength Training 20 CENTER CLOSED	11:00 Lunch out with Friends 21 1:00 BINGO at Brunswick House	9:00 Strength Training 22 11:45 Trivia 12:30 Thursday treats	10:30 Video Exercise 23 1:00 Local shopping	24 <i>The second is to be kind. And the third is to be kind. ~Henry James</i>
 25 Relaxation Month	10:30 Video Exercise 26 11:00 Summer flare key-chain craft	9:00 Strength Training 27 CENTER CLOSED	12:45 Bingo 28 5:00 Dinner Out w/friends	29 CENTER CLOSED DoA Clean-Up Day	10:30 Exercise 30 10:00 Mobile I & A 12:00 Pizza Day 1:00 Local shopping	Brunswick Senior Center 31 <i>"Where everyone is someone"</i>